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Students and Staff Advocate for Increased Funding at the Capitol

ERIN SMITH
Centurion Staff

Students and faculty members from Bucks traveled to the Pennsylvania Commission for Community College’s (PCCC) Annual Lobby Day in Harrisburg on Monday, April 9 in order to promote the idea that community colleges in Pennsylvania should receive more funding from the state.

As of right now, Pennsylvania’s budget proposed by governor Tom Wolf is not increasing the amount of funding towards community colleges since last year, which amounts to \$239 million according to an article written by the Pennsylvania Capital-Star.

Attendees had the chance to meet with the dozens of PA representatives and talk to them about why they feel that community colleges are important to the population of Pennsylvanians that are seeking secondary education.

PA representatives in attendance included Steve Santasiero, Bob Mensch, Frank Farry, and many more. Students were encouraged to meet in groups with representatives from their own townships in order to more efficiently advocate for more state funding for Bucks and other community colleges.

Jasmine Ramos, a 20-year-old early childhood education major from Hackensack, NJ shares that she really felt like her voice was heard when she attended the conference. “It was cool to be able to speak to my own representative, Wendy Ullman, who was very helpful. Representatives were also giving out business cards and letting students know that they have connections at multiple PA colleges if students ever need help.”

President of Bucks, Stephanie Shanblatt spoke at this event as she is also a chairwoman for the PCCC. She argued that more funding from the state “...will



President Shanblatt and students at Annual Lobby Day, courtesy of John Sheridan

support the colleges’ vital role in providing high-quality education and workforce training” according to the PCCC’s newsroom.

President Shanblatt was accompanied by English professor John Strauss, director of Student Life Matt Cipriano, and music professor John Sheridan to help organize students and get other staff involved in the event. Sheridan shared that he had been involved with Lobby Day for about 10 years and helped students break into teams in order to connect with their own local representatives.

He says this cause is dear to his heart because he is a Bucks alumni and knows what it’s like to attend the school.

“I had to be convinced by my mom to go to college, and figured I’d start out at community college because of how much cheaper it was. After majoring in music, I was able to go on to Temple University and even New York University to get my Masters degree. So, I am very thankful

for the opportunity Bucks has given me to bring me where I am today,” said Sheridan.

Sheridan also relates the proposition of increased state funding to the recent tuition increase that goes into effect next semester.

“As the price of maintaining college resources increases, the state is not in turn increasing the amount of money the college receives. It’s up to the students to supply this by paying more money for tuition,” said Sheridan.

Tuition, after all, is a big reason why so many Bucks students are getting involved and attending events like these.

Ramos, who is also a member of Student Government Association (SGA), shared that increased state funding is important to her because of how much Bucks helped her out financially.

“I came from a low-income family and wasn’t even sure that I’d go to college. That’s why I’m so glad that Bucks was an option for me to be able to have such an amazing education for such a

cheaper price,” said Ramos.

19-year-old Sylvia Salas, also a member of SGA who attended Lobby Day and a psychology major from Levittown shared that as a first-generation college student, she is grateful that Bucks was always an option for her for the same reason as Ramos.

It is said that by going to a community college, students can save up to \$20,000 in debt.

Overall, many deem this year’s Lobby Day as a success.

Sheridan added, “Many representatives understand what a gem Bucks is. Many have roots in Bucks County and have gone to the college and understand what a difference Bucks makes to the state of Pennsylvania.”

It is Sheridan’s, as well as many others’ hopes that events like these will encourage more students to contact their local government officials in order to make a substantial change in state legislation that matters to them.

Secret Shopper Scam Sent to Students

FRANCIS KLINGENBERG
Centurion Staff

Bucks has been hit with a wave of secret shopper scams in the past year.

In this scam, an inconspicuous e-mail is sent by a random Bucks account that informs the reader about a possible job opportunity with a “premier mystery shopping company” that will pay around \$600-\$1200 per week.

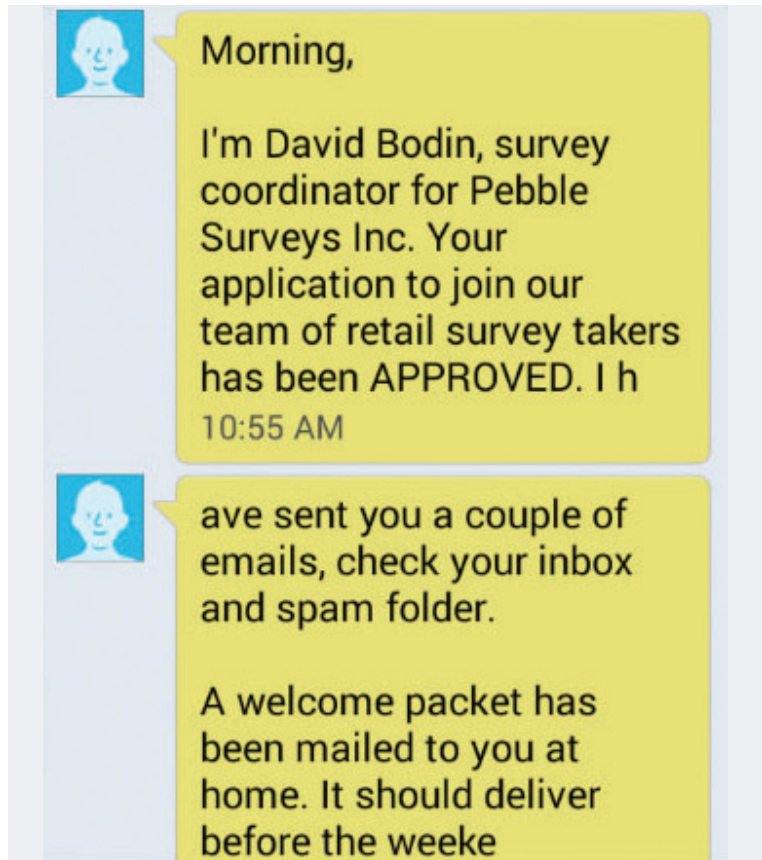
A secret shopper is a person who partakes in a mystery shopping program to evaluate and grade a store or business for its quality of service. This scam plays on this trope.

A check is sent to the victim, and they are to cash it. Then they wire the money, or buy gift cards, and send them to the person without realizing it is a scam.

Then after the money is transferred, the bank will realize the check is fraudulent, and force the victim to repay.

Dennis McCauley, the executive director of Security and Safety, said, “I would advise students to stay away from any offer of work as a secret shopper. There is a long history of fraud associated with such offers.”

Anthony Saracino, IT Security Officer, added, “There are legitimate secret shopper/mystery shopper companies out there but they will never send out unsolicited email.”



Text that was sent to anonymous Bucks student

He also mentioned that the scam has been around for a while.

One Bucks student spoke under anonymity about his experience with this scam.

“I filled in the form sometime in July, and got a response on my phone within a day,” he said, pull-

ing out his phone. He showed three texts from David Bodin, survey coordinator for Pebble Surveys Inc.

“They sent me a welcome packet with a couple of papers and a check for \$2,500” the student continued.

The check was from a person in Tuscon, Arizona – somebody un-

related to the scam. It is unknown why their name is on the check, but the student assumes it is because that person was a victim of another scam.

“The packet told me to cash the check, and to tell David as soon as possible,” the student revealed, “then I had to go to a nearby Apple store and buy \$2,200 of Apple gift cards, two \$1,100 gift cards specifically.”

“I was to scratch off the codes, and send David them immediately to prove I did the task,” he said.

“Luckily, I grew up with half a brain to realize something wasn’t right,” he laughed.

“I told the Warminster police about it, and they told me a cop would be around to pick it up. But nobody came around,” he said.

The business claimed to run this is “Track Market Surveys,” which reportedly “serves clients with over 5,000 shoppers available,” according to the file that is sent with these scam e-mails.

However, a website claiming to be owned by “Track Market Surveys,” reported 1200 clients a year. Having 5,000 shoppers to 1,200 clients doesn’t seem right.

The application form claimed that this company has been running for over 16 years, and that it had been working with Career Builder, LinkedIn, and other platforms.

Story continued on page 3

Bucks News

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JAYLA JOHNSON & MELISSA STEWART

Centurion Staff

On March 30, 2019 students had the opportunity to tour 6abc News with the Broadcast Pioneers of Philadelphia.

College Students from the Tri-State area flooded into the studio shaking hands, smiling, and speaking about plans for the future.

Pat Delsi, Gray Hall, Niki Hawkins, Christie Iletto, and Chris Sowers were among the many journalists students had the pleasure of meeting.

The tour included the weather

room, the newsroom, the studios, the outside weather forecast, and the room where all news is recorded for T.V.

Students had the opportunity of participating in a sample news report at the 6abc news desk, speaking about Temple University and a robbery from a local church.

Iletto, shared wise advice to never say “no” and always “fight hard”.

Iletto is also a certified ballet teacher, and many people were not encouraging to her during her journey. But, she proved herself and never let anyone get to her. As a journalist now, she doesn’t take ‘no’ for an answer. “Unless

I have asked seven times and it is going nowhere, of course,” added Iletto.

Pat Delsi also encouraged all sophomores and juniors to get involved with as many internships as possible.

Delsi has spent a total of 66 years in this field and encouraged students to find a job they really enjoy, “I have never felt like I have worked a day in my life,” he says.

Delsi’s words of advice were very motivating to the students since he was once a pioneer in the program.

Sowers went very into depth on his career, and explained how he

made his way into 6abc. He had a lot of experience with using the weather program, which gave him a head start to 6abc. His internships really helped him learn and use the technology for the forecast.

Hawkins was very enthusiastic on staying connected. Hawkins wanted students to share social media accounts, phone numbers, with each other in order to stay connected. She even took selfies with the students.

Leigh Richards also attended the event. Many will recognize her from the voice of 102.9 MGK.

Towards the end of the symposium everyone received a

water bottle, with a pair of 6abc sunglasses and a keychain.

Hall told students that if anyone had questions to reach out to him, and don’t hesitate.

This was a once in a lifetime experience. Students watched one another go on air, read the script and meet other college students who are all pursuing similar careers.

Broadcast Pioneers shared student’s videos on their Youtube Channel which can be searched as Broadcast Pioneers College Sample Read 3-30-19 at 6ABC or <http://www.broadcastpioneers.com/bp12/3-30-19.html>

Melissa Stewart & Jayla Johnson

Chef Earl Arrowood Plans to “Retire in Style”

JON CORLEY

Centurion Staff

Long time Bucks culinary instructor Earl Arrowood Jr. announced he is retiring from Bucks following the end of the spring semester after about 36 years of teaching culinary courses.

Arrowood entered the industry when he was just 14 years old and has been in the culinary industry for 50 years. He has an extensive background in his field.

His careers include general cooking, sous chef, hotel and food and beverage auditing, food and beverage management, executive chef and hospitality industry, and culinary arts educator.

His culinary career began during his undergraduate work at the Culinary Institute of America, which was a two year program he took from 1973 to 1975.

Once he completed his two year work, he decided to move to Miami, Florida for his next undergraduate project that started

in 1975 and spanned to 1980 for coordinating in order to achieve his bachelor’s degree. Arrowood also became a member of the American Culinary Federation during that time in 1978.

Afterward, he got married in 1980 and decided to return to the Bucks County area where he trained to be a food and beverage director. His talents gave him a long history of experience as he worked at various jobs over the years.

Within four years of returning to the Bucks area, he was being interviewed by Bucks County Community College in order to become a culinary instructor in 1982, where he has been working ever since.

Before he got his job at Bucks, Arrowood worked as an executive chef at the Boston Sea Party restaurant, a past kitchen manager & general manager at the Seafood Shanty Restaurant, and was an executive chef & food-service

manager at the Homestead Nursing Home.

He started out as an assistant professor at first but was hired foremost as a hospitality management coordinator in a single kitchen in Tyler Hall.

Arrowood then worked as dual coordinator from 1986 to 2000 where he became a professor in the culinary department. While he was teaching at Bucks, he was also working on his Masters degree and completed it in the summer of 1991 from Rockstar Institute of Technology.

Before he officially retires, Arrowood has considered doing a brief summer course after the spring semester, considering it’s his last full semester teaching, however nothing has been confirmed. He also plans to consult in regards to culinary arts.

After that, Arrowood stated that he plans to “Retire in style” and already has a few ideas on how he is going to spend his time.



Earl Arrowood, courtesy of Jon Corley

One of them being that he wants to travel with his wife. He plans to keep in touch with his students and plans to visit them to see their skills as chefs.

He also has plans to write a book about his life, career, and

recipes he came up with over the years in the form of a memoir.

When asked about what advice he has for future students, he replied “Opportunities aren’t just handed out, they have to be earned through hard work.”



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Student Life

“Like a Family,” Republican Club Open to all Views

BRENDON LAUFF

Centurion Staff

Bucks County Community College has a diverse group of clubs and organizations, one of which is the Republican Club.

This club is described on Bucks’ list of clubs as a club which “provides an open forum for political discussion, promotes conservative ideas, and subscribes to the regulations and policies of this college.”

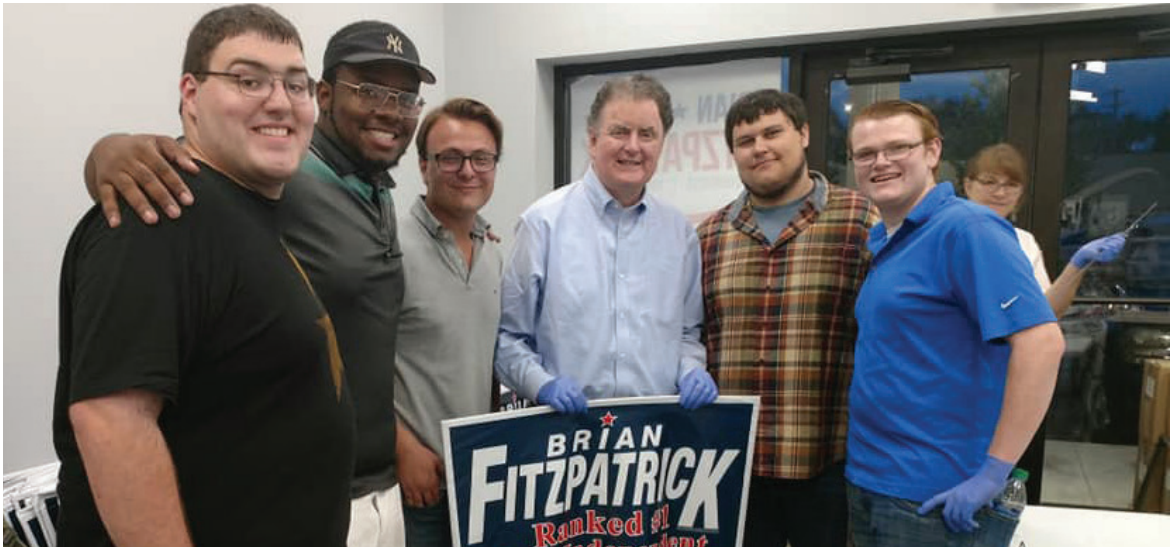
Emmanuel Jones, treasurer and current member of the club, said that the group discusses a daily agenda, policy and political issues locally and in PA.

Jones also serves as the Co Chairman of the PA Federation of College Republicans and said, “This club is like a family with really diverse thought, and has moderate and conservative views.”

President and Founder Zach Shoester, majoring in political science and attending his fourth semester, also functions as the group chairman.

He said, “We meet Tuesday afternoons, at 12:30-1:30 in Grupp room 253, currently.” He also said the club his currently hosting two events.

The first event is a drug panel on



members of the Republican Club, courtesy of Brendon Lauff

the opium crisis in Bucks County. The second event coming up in May is the Women in Politics event with two elected officials set to speak.

The club encourages students to attend to hear State Representatives Wendi Thomas and Meghan Schroeder to speak on May 9th at 12:30 – 1:30p.m. in the Gallagher room at Bucks’ Newtown Campus.

In response to why should students join the club Shoester explained the biggest goal is to get involved in discussions and to

have younger, possibly undecided students whether they are actually undecided, democratic, or even libertarian to offer different views.

A club meeting has been described as a system basically like Robert’s Rules of Order. This is essentially having a chairman call the meetings to order, then pledging allegiance to the flag, consisting of motions, passing or rejections of motions, and adjourning.

After and before the meetings and agendas the club discusses current issues, videos, policies,

events, and has the possibility to offer members internships, or possibly jobs.

The club also has done a great deal of community work including a volunteer event called “homie-Clause” where they go to poor areas in Philadelphia like Kensington to give out food, water, and blankets to the homeless, mentally ill, and people with drug addictions that are in need of help.

Members can gain skills, leadership and the ability to delegate, work in an organization, and get

board positions in the club. The club currently holds around 10 members, possibly more.

The club also tackles multiple political issues on campus. They would like for their future to include debates with the democratic club and urges students to join that club because they need people too!

Member Brian Toth, majoring in electrical engineering and in his fourth semester said, “I joined because a friend invited me. I had shared some similar ideas and beliefs, I was eager to join, and I made new friends and we do good work for the community and school.”

When asked about the issues and tensions Pastor Aden has stirred up on campus the club president stated that they very much “Don’t stand for a thing he says!”, however it’s his first amendment right to speak.

He advises students to not engage Pastor Aden and to not give him the audience he desires. “If you don’t agree with the things he says walk away and just don’t engage him.”

The club is looking forward to new members joining.

Shopper Scam



Courtesy of Wikimedia Commons

Continued from page one.

Its clients are claimed to be Apple, Best Buy, and various others, with immediate assignments at Apple and Walmart.

The application form said, “You’re to shop secretly and discretely. During this shop you will visit the location and make several observations as regards to the customer service, from entry to exit.”

It asks for personal information like first and last name, an e-mail, occupation, phone number, address, and more.

The application form is hosted on a pharmaceutical website. Whether they are aware of it being hosted on their site is unknown.

In the past fall semester and current spring semester, there have been three separate instances

of this scam reported to the Centurion.

Each time, Bucks has responded to the scam through a portal announcement, and/or a phone text informing students.

On June 11, 2018, a secret shopper e-mail was sent by Sarah Altman, and she claimed in her e-mail to represent Bucks. Bucks responded to it with an announcement on July 20, and a phone text

July 23.

Altman was unable to be found on the Bucks employee directory.

On Nov. 18, 2018, another scam was sent by Joshua Thompson, and he claimed to be a part of the Job Placement & Student Services department. Bucks responded to it with an announcement on Nov. 19, 2018, and a text alert on the same day.

Thompson was also unable to

be found on the employee directory.

On April 3, 2019, another e-mail was sent by Taylor Cataldo. Bucks responded to it with an e-mail and announcement the next day, April 4.

With each e-mail scam, it is imperative to inform students that it is a fraud. Some unfortunate students may not realize that and fall victim.

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Stressed Out Students

Conquering the Paralyzing Effects of Anxiety

SARAH STOCK
Centurion Staff

Keri was in her junior year of high school taking honors and AP classes. She was facing pressure in school and dealing with the typical high school drama. All while suffering from anxiety disorders.

“The anxiety day to day could be paralyzing. In middle school and most of high school, before I had started any type of treatment, my anxiety kept me in the nurse’s or guidance office most the day,” said Keri.

Keri knew she could not continue to live up to her full potential in the typical high school environment. She ultimately ended up withdrawing from high school and decided to get her GED. She is now taking classes at Bucks. With effective treatments and a better environment, Keri’s anxiety is under control and she is thriving.

While everyone’s story is different, Keri is an example of one of the 6.8 million people in the U.S. that are affected by Generalized Anxiety Disorder (GAD). In recent years anxiety has been increasing among young people. A New York Times article stated that over the last decade anxiety has overtaken depression as the most common reason college students seek counseling services.

So, why is it that young people are so stressed? School seems to be a major contributor. The American College Health Association found that undergraduates reporting “overwhelming anxiety” rose from 50 percent in 2011 to 62 percent in 2016. Bucks psychology professor Dr. William Ford

weighed in on the rising problem of stressed-out students.

“Anxiety is normal and happens at every age; it is just like any other emotion. However, adolescent’s brains are wired differently. Their highs are higher, and their lows are lower,” said Ford. Which means young people are not necessarily experiencing more anxiety compared to other age groups, anxiety just tends to be more intense for them.

Young people and college students in particular are facing a lot of stress. College students have to deal with the fear of possible student loan debt, an uncertain job market after graduation, passing classes, and social acceptance.

“Young people also have a hard time taking the perspective of other people. So, in return they are more self-conscious and more self-focused. In general, they have a hard time seeing the big picture. They can be very stuck in the right now which can add to their anxiety,” said Ford. Any mishap can feel like the worst thing in the world to a young person. According to Ford young people have a tendency to feel like everything is bigger deal due to some parts of their brain still developing.

It seems that anxiety has taken a toll on many Americans. In 2018, Barnes & Noble stated that sales of books related to anxiety rose 26 percent from the previous year. “Anxiety and depression have always been the top reasons why students come to visit me. However, from what I see anxiety is definitely becoming more prevalent,” said Bucks counselor Jim Gilligan, when asked if he felt anxiety has increased in students.



photo courtesy of Wikimedia Commons

Gilligan also weighed in on what factors into college student’s anxiety. “College is a completely new culture. Students face a big change from high school. Many have a hard time keeping on top of their work,” said Gilligan.

Both Ford and Gilligan said one of the best ways to combat anxiety and other mental illness is to talk to a professional. However, many young people dealing with anxiety face the stigma associated with mental health problems.

“No one feels shame seeking treatment for the flu. However, when it comes to mental illness people are scared. Mental illness is a real physical condition and there should be no shame in seeking help for it,” said Ford.

The current digital era also plays a role in anxiety. Arousal is the state of being physiologically

alert, awake, and attentive. High arousal levels cause one to feel anxious. The internet and social media specifically often raise arousal levels.

“Anything you can do to lower your arousal helps with anxiety. Just taking a walk or not checking your Facebook feed will lower anxiety,” said Ford.

A simple break from social media helped Keri when dealing with her anxiety, “Sometimes I do a complete digital detox. I delete my apps and just shut off my phone for a while. I feel less anxious when I do not have to keep up with everyone’s social media feeds,” said Keri.

Pew Research Center recently published a study with a survey that found that 70 percent of teenagers saw mental health as a bigger issue than bullying and

drug addiction. Statistics like this show how prevalent concerns about mental health are among young people. Some may be afraid to seek help but talking to someone is the first step.

“All of the counselors here at Bucks just want to help students,” said Gilligan. Students can connect with a counselor face-to-face, by telephone, or email. To schedule an appointment with a counselor, call 215-968-8189 or email counseling@bucks.edu. All appointments are kept confidential.

“We need to let people to know what to look for when it comes to anxiety or any mental illness. We need to remove the stigma of asking for help,” said Ford. If we remove the stigma perhaps, we can help decrease the levels of anxiety in young people.



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Stressed Out Students

Students Struggle to Find a Work-Life Balance

ELIJAH PITTMAN
Centurion Staff

Kailie Mitchell is among one of the many students at Bucks County Community College that work, go to school, and play sports. She currently works at LA fitness and plays women basketball and soccer. If going to school and working was hard imagine trying to fit being an athlete in your schedule. “It’s hard and since I’m dedicated to sports I don’t get to work as much as I want. Sports take a lot of my time,” Mitchell said. Mitchell starts her day off with school at 9 a.m., after two classes she takes time to do some homework before getting ready for practice. Some days she has work before practice and some days she work after practice. When she works the night shift she doesn’t get off until 11 p.m. “After sports I’m too tired to do anything. I have to really force myself to do my homework. When I am too tired to do my work you start to see it in my grades. Eventually I get stressed because I don’t want to fail,” said Mitchell.

Shawn Brown is a student at Bucks who is struggling with work and school. He works many hours and is one of the rare cases of students who work more then they go to school. “I didn’t want to work more than school but I lack support at home so I have to find ways to provide for myself and that involves work-



photo courtesy of Wikimedia Commons

ing a lot,” Brown said. “Most days I don’t even want to do any school work after my shift because of how tired I be, but I want to be successful so I have to. I started getting really stressed so I went to counseling to help. It’s tough,” added Brown. Using government census data, ABODO found that 52 percent of college students are working at

least 27 weeks per year. That goes to show that working is a big part of college students lives. People who can’t handle the work load usually get stressed and that can’t open ways to a lot of health problems. Patrick Howard is a student who says he has had problems with mental health. “It started as stress then got to the point of depression because

didn’t see help. My grades became worse and worse and that caused my depression. I started to lose weight and my mom noticed and made me get help. Working a lot and going to school full time is a tough thing to do but at our age we have to do it,” Howard shared. College student aren’t just out there partying. They are students who are responsible and are men-

tally having hard times trying to keep it up. There are students who are stressed and depressed and you wouldn’t even know. There is nothing wrong with working and going to school but trying to balance it is hard and that’s why schools have counseling in place in order to help student cope with it.

Surviving Anxiety During College

JOSEPH SHERIDAN
Centurion Staff

Wake up, get ready, go to school, go to work, panic about life, maybe eat dinner, go to bed, repeat. For many college students, this is a normal day in their lives. Society has somehow evolved into an ongoing competition to prove how much work one can handle while still remaining on top of everything. Higher education can be an especially stressful experience for students because learning new and sometimes complex material while juggling part-time jobs and an attempted social life is often times too overwhelming. These stressors can adversely affect the psychological well-being of students and negatively influence their productivity in school, their work, and personal lives.

According to a poll taken by the American Psychological Association the three leading concerns of college students are anxiety, depression, and relationship problems. Prescription drug abuse is also alarming problem on the rise in college students, with as much as 10 percent of college students abusing. Of note is the fact that the cost of therapy in the Bucks County area (and essentially nationwide) ranges from \$55.00 to just about \$300.00 per session, and most therapist charge for an initial consultation on top of the first session making the total closer to \$125.00. With most students only being able to work jobs that don’t require degrees or low-paying internships, therapy is often times not an option. Prescriptions often become the alternative. What other alternatives are there? To start off, Sarah Wilson, author of “I Quit Sugar” and “First, We Make the Beast Beautiful”, shares “Studies show any movement, but particularly walking, will ease anxiety when we’re in the middle of a stress hormone surge. The studies show that a

mere 20–30 minute walk five times a week will make people less anxious, as effectively as antidepressants. Even better, the effect is immediate; serotonin, dopamine and endorphins all increase as soon as you start moving.” “I was diagnosed with childhood anxiety and insomnia at twelve, then bulimia in my late teens, then obsessive-compulsive disorder shortly thereafter, then depression and hypomania and then, in my early twenties, manic depression, or bipolar disorder as it’s now called.” Wilson said. She’s spoken with and interviewed countless mental health experts and spiritual gurus in the hopes of helping herself and others cope with their anxiety and depression.

She recommends hiking and references a University of Michigan study that found that because our senses evolved in nature, by getting back to it we connect more honestly with our sensory reactions. She also adds that a 2010 report in the Journal of Environmental Science and Technology states that even getting out into nature for five minutes at a stretch is enough to give your self-esteem a substantial upgrade. Walking near water seemed to have the biggest effect. Exercise has countless physical health benefits such as strengthening your heart, lowering blood pressure, reducing body fat, and improving strength. Exercise has also been shown to have numerous mental health benefits including reducing stress, anxiety, and depression. College students can also benefit from the impact that exercise has on the brain including improved memory and thinking skills. “I advise against hardcore exercise if you’re anxious. Gentle and slow stuff is best” Wilson says. Getting out and getting active is a great start to decreasing the feelings of anxiety, depression, and stress. Another inexpensive alternative is meditation.



photo courtesy google images

Dr. Elizabeth Hoge, a psychiatrist at the Center for Anxiety and Traumatic Stress Disorders at Massachusetts General Hospital and an assistant professor of psychiatry at Harvard Medical School, says that mindfulness meditation makes perfect sense for treating anxiety. “People with anxiety have a problem dealing with distracting thoughts that have too much power,” she explains. “They can’t distinguish between a problem-solving thought and a nagging worry that has no benefit.” “When you’re an anxious type, meditation is non-negotiable.” Wilson states. “...meditation has steered me to most of the good things that have happened in the past seven years.” Anxiety and depression affect about one out of every five adults and about twice as many college students. Unfortunately, as of right now, there is not one be all, end all cure for these disorders. There are things you can do to lessen their grasp on your life though. Exercise and meditation are two key factors in getting past episodes of anxiety and depression. There are plenty of other options such as yoga, better eating habits, and making sure to spend

time outside, but all these have one thing in common; a conscious effort. Barbara Meza, a holistic health practitioner at Conscius Vita in Yardley, PA, says “Be present in your actions, the more conscious you can be the easier the stress will ripple out of you. Take yoga classes, meditation, and any of the free health services offered to you on campus.” Bucks offers yoga in the library on Mondays and in the Orangery on Thursdays. Also offered are various health and wellness activities such as aerobics, chair massages, meditation, and a cooking and wellness series run by registered dietitian Felicia Porrazza. Lesya Donets, a counselor at Bucks whom has her Master’s in Social Work from Temple University, shares “Students should eat well balanced meals and try not to skip any meals. They should also limit the amount of caffeine they take in.” Donets continues “Every student needs to know nothing will ever be perfect. Make sure to get your work done to the best of your ability and avoid procrastinating. Time management is crucial, when things pile up you

increase your stress and often times end up losing sleep. Everyone should be getting between seven and nine hours of sleep if they want to be and feel their best.” “Walking in nature really helps as well, even if just for a little. And, maybe most importantly, students need friends and they need to remember to spend time with them and socialize. If necessary, take time off work and school to focus on yourself for a bit.” Donets said. Amanda Kirk, a 20 year old Early Education major from Warminster says “I like to go on walks when I feel overwhelmed. I love Tyler [State Park]. I go there all the time between classes and either walk or sit by the water. It helps me calm down and forget about everything I think I have going on.” Everyone struggles from time to time, but it’s not often that two peoples struggle will look the same. It’s very important to learn what triggers your anxiety. Is it work, family, school, or something else you can identify? If you find it difficult to pinpoint the problem(s) try writing in a journal when you’re feeling stressed or anxious and look for a pattern.

Stressed Out Students

My Experience With Alice in Wonderland Syndrome

FRANCIS KLINGENBERG
Centurion Staff

Imagine a world where every sound is a shout, small becomes big, big becomes small, smell flips, touch turns into grab, soft turns into hard, time shifts -- and now you know what only a tiny percent of people experience daily.

Juliana Payson, an Austrian who works with the business development of Advanced Thermal Technologies, suffers the symptoms of Alice in Wonderland Syndrome (AIWS).

AIWS is a mental disorder that distorts one’s perception of reality, having an effect on sight, sound, touch, and time.

Ever since she was a 7-year-old child, she remembers hearing whispers as intense, sharp shouts. Something as soft as a heartbeat becomes louder than a bootleg firework.

“I can tell the location of pets in the house,” she said, “and people have their signature sounds.”

Payson described her AIWS’s effect on her sense of sound as a density map. She can tell where sound is the strongest.

She also has to decipher road signs that pass by her on the highway. “When I’m anxious, my subconscious bubbles up and road signs read like swear words,” she complained.

“They change shape, and I often double-take,” Payson continued. “Illuminated speed signs swap their numbers, so I am not sure if I read an 80, 60, or a 50.”

“I generally know not to go above 50, though,” she added.

Payson doesn’t want AIWS to be a stigma, nor does she want

any mental illness stigmatized. “It’s simply different wiring of the senses, we all perceive things differently,” she explained.

While Payson may experience odd numbers on highway signs, and sound-maps in her ears – I experience things somewhat differently.

Ever since I was a young child, I would often have AIWS episodes in the middle of cartoons late at night, or just whenever I was tired.

Most episodes would last for minutes, but some would last for hours.

During an episode, sounds would become explosively loud, and very aggressive. What would sound normal would have the intensity of explosions blasting into me.

As a kid then, I would be incredibly scared – often running to my mother and crying.

The perception of my body would warp, and the world around me would change sizes. A room would become 20 times larger, while the objects in it would get smaller and smaller.

Every beat in my heart would be a thump, and the breathing of my lungs could be felt through my ribcage.

The eyes never dilate, and my movements weren’t affected. I can drive normally, I can talk without a stutter, I can badger sources for information, and I can fit in just fine with anybody else.

Yet, I have been going through AIWS episodes every two weeks this past year. Nobody could tell the difference – because there is none.

As Payson said, it’s merely a

different wiring of the brain. We perceive things different.

AIWS is described by Jan Dirk Blom as, “a disorder characterized by distortions of visual perception, the [representations of positions of body parts], and the experience of time.”

Blom is a clinical psychiatrist in The Hague, and holds two part-time positions at different universities in the Netherlands. He explained, “My interest in AIWS grew out of my general interest in perceptual disorders.” In a systematic review conducted by Blom, he compiled a list of symptoms and experiences.

AIWS may affect the visual sense by making objects appear farther or closer than what they truly are, and change the perception of sizes, shapes, and even colors.

AIWS may affect the auditory sense by amplifying the intensity of any noise incredibly, making it sharp, jarring, and scary. Kids often burst into tears because of how frightful it is.

The sense of one’s self gets altered. Just like Alice in “Alice’s Adventures in Wonderland,” body parts may seem to grow or shrink.

Also, the sense of time gets altered as well. One 17-year-old patient had said that it slows way down, or speeds up very quickly.

This disorder’s duration tends to have episodes that last for minutes. However, it can last for days, weeks, or even years.

According to Blom’s review, treatment may require, “careful assessment, proper knowledge of underlying conditions, and a careful explanation to the patient of



Photo Courtesy of Wikimedia Commons

what to expect.”

Blom estimated that the syndrome appears to be seriously underdiagnosed. More and more symptoms are being recognized by the scientific community.

In a Facebook group named, “Alice in Wonderland Syndrome,” there was a poll to identify possible triggers for AIWS.

The top five triggers were being overly tired, focusing on somebody’s face, stress, migraines, and anxiety.

For Payson, it was focusing and stress. For me, it’s being overly tired, stressed, and focusing as well. But nobody’s the same, and it can be hard to discern what’s truly a trigger or symptom.

Scientific research on AIWS is sparse and hard to come by, as it is a new disorder that is slowly getting attention by the scientific community.

In Blom’s review, there were only 130 hits on PubMed for, “Alice in Wonderland Syndrome” and variants. “Only 59 articles had AIWS as their main subject,” he

found.

As more people come to know about the existence of this disorder, there will be more research done about it. Perhaps you, the reader, have experienced these symptoms, or know somebody who does.

As a kid, I had no way of knowing what this could be. All I knew was that I was being scared by something out of my control.

It was by chance that Payson and I learned about AIWS, so we could know just what was different about us.

That’s why there’s a Facebook group dedicated to AIWS – to bring attention to it so others can find the name to their experiences.

In a decade, there may be more people who know about AIWS. In half a century, it’s possible that this mental disorder will be researched and be better defined.

For now, however, the best we can do is to share our stories and shed a light on the mysterious nature of Alice in Wonderland Syndrome.



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News

Bucks Students Voice Opinions on The College Admissions Scandal

MACKENZIE MOONEY& ULISSES MORALES-COLUMNA
Centurion Staff

Within the last month, nearly 50 “higher up” individuals have been caught in what just might be the largest college scam of all time. These individuals, include actress “Full and Fuller House” Lori Loughlin, her fashion designer husband Mossimo Giannulli, and “Desperate Housewives” star Felicity Huffman were caught spending millions of dollars in bribes to get their children into the elite college of their choice. Loughlin and Giannulli spent up to \$500,000 to get both of their daughter’s Olivia Jade Gianulli and Bella Giannulli who are known for their social media influence into The University of Southern California. The girls were guaranteed a spot on the school’s crew team, even though neither of them never played the sport. In one of her YouTube videos, Olivia Jade talked about the “struggles” of handling school work and her social media life,“I do want the experience of game days, partying... I don’t really care about school” said Gianulli in one of her YouTube videos. Huffman just recently plead-ed guilty to paying one of their daughter’s college counselors

\$15,000 to help her cheat on her SAT test. This has infuriated tons of parents and students across the country who work hard and pay hard earned money on college tuitions. Bucks students were asked their opinion on the scandal consider-ing they pay hard earned money to attend college. Ciara Flor a student at Bucks said, “There are students that work so hard in high school to get into great schools and now they are put into a position to compete not only with other students but also student’s parents who are wealthy enough to just get them into whatever school they want. They are stealing student’s dreams and taking away their opportuni-ties.” Students were asked about how many hours they work, how many classes they take all at the same time and what they thought about the cheating scandal, it came to be clear this scandal has frustrated many. Layton Fetterrolf, 19, Psychol-ogy major, stated “I work at least 30 hours weekly and am currently taking four classes this semes-ter. It is a little hard but literally everyone that I know is in that situation. When the whole college scandal broke out, I was just surprised they got caught. I feel

like you need to earn your way through”. It has recently been brought up whether Olivia Jade and Bella Giannulli even knew what their parents had done, or if they just thought they got into the school for being “famous.” But it has eventually come to knowledge that both sisters were included in all the emails regarding the scandal. Bucks student Alyssa DeMaria stated that “Although the situation doesn’t affect me personally, I pay for my own school and it is defi-nitely aggravating to see people take the easy way out.” She also added that she can see how this series of events would anger any college athlete who has trained their whole life just to see the Giannulli sisters get a spot on an elite college team handed to them. Taking a different approach, Ci-ara Pletcher from Bucks has said that she is personally not fazed by the scandal because it does not have anything to do with her. “Sadly, people fail out of school all the time which waste a spot that could have been given to someone more deserving as well, but no one makes a big deal about that” Pletcher added. All members involved face a slew of charges.



University of Southern California, courtesy of Wikimedia Commons



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Arts & Entertainment

Bucks Students Remember Nipsey Hussle

TYLER SEALE
Centurion Staff

On Sunday, March 31st, 33-year-old rapper Nipsey Hussle was fatally shot at an event in front of his clothing store in South Los Angeles.

In the wake of his death, Hussle left behind positives in his life including a Grammy nominated album, as well as a catalog of activism. This activism was focused on aiding his community by creating self-improvement within it, financially investing back into it, and advocating for its youth.

The New York Times reported that a day after his murder, Hussle was supposed to meet with police and Jay-Z’s company, Roc Nation, in an effort to prevent gang violence and help the youth of his Crenshaw neighborhood. He also opened a co-working space dedicated to increasing diversity in science, technology, engineering, and mathematics, while also helping and using his platform to promote black arts and culture.

Someone with a strong passion toward their community, as well as promoting positive messages through their music, being killed is a loss that is, unfortunately, far too common. Rap music and the community surrounding it have been losing prominent figures for

years, such as the famous murders of Biggie Smalls and Tupac Shakur in the late 90’s.

This issue stretches far beyond the genre of rap music. Many great musicians over the decades have died young, leaving behind a massively loved catalog and inspiration for future artists. The 27 club shows this as it has become somewhat of a “statistical spike” for great musicians to die at the specific age of 27.

The 27 club holds members such as Jimi Hendrix, Amy Winehouse, and Kurt Cobain, whose music is still loved by generations of listeners who were not even alive to witness it firsthand. This shows the power of the art that these musicians make as their songs transcend their own lifespan.

Bucks students and faculty shared their favorite artists who died too young.

Sociology major Adriana Braun said, “My favorites were Mac Miller and Kurt Cobain.” Braun went on about what importance their music held to her, “It’s interesting based on your setting. If I’m with more people I listen to party rap music, but when I’m by myself I listen to Mac Miller and more sympathetic music.”

Quentin Bailey, a Bucks student, said, “Two big ones that

died in the same year for me were Mac Miller and Avicii. I started listening to them a lot in high school.”

Melissa Joy, Journalism major, said, “I would say Chris Cornell was my favorite. His music helped me through bad times with my family and a bad break up. I found myself forgetting everything that was going on around me when I listened to him. It was a shame he died in 2017. I wish he was still here making music and singing with Chester from Linkin Park.”

Language and Literature professor at Bucks, Dr. Chris Bursk cited John Lennon and Sam Cooke as some of his favorites, both of whom were fatally shot at highpoints in their careers. Bursk said, “These murders seemed to have happened out of nowhere to pivotal musicians whose music had great influence. Music became the new literature in the 1960’s and 1970’s and the poetry from Lennon was so accessible to people that he became our Shakespeare. It was like someone gunned down Shakespeare and it leaves me wondering what his life would have been like if he had not got shot. Would he have kept evolving to shaping music and his listeners?”



Nipsey Hussle, courtesy of Wikimedia Commons

Tame Impala Review

ANTHONY DIRENZO
Centurion Staff

Kevin Parker, AKA, Tame Impala is back with an exciting new single to lead into his next project. “Patience” comes after the very successful album “Currents” which debuted in 2016.

Since then, Parker has been working on his production side of things, working with the new generation of indie and hip hop. That being said, he seems prepared to release another full length album.

“Patience” starts out with a very electronic and disco vibe, and a variety of drums and bongos. The blend of his noises are layered more than most artists today. The diversity of his inspiration and instruments used keeps Tame Impala as diverse as any band in our era.

The buildup all leads to the bridge of the very faint vocals of the song, which seem to be used as an instrument rather than the main focal point of the piece. This is something Kevin has done before, with his ambient voice complementing the diverse sounds he builds upon.

Patience isn’t what all fans expected from Parker for his new direction, yet I believe it is a refreshing one. The direction of this album seems very disco and electronic, even more so than “Currents”.

Psychedelic Rock still is a huge influence in his sound, but the way he utilizes the keyboard produces such a unique sound. While many of Tame Impala’s fans may sway more toward the heavier rock side, most of their fans will appreciate his direction in this intro to his new sounds.

Tame Impala performed over the weekend on SNL, playing “Patience” and another



Tame Impala, courtesy of Wikimedia Commons

er new track. No matter what your music taste, it should be very refreshing to get a new project from one of the most unique artists of our generation.

Check out “Patience” now on all streaming platforms, and look out for a new Tame Impala album, coming this year!

“FIFA 19” Shoots and Misses!

JOSHUA THOMPSON
Centurion Staff

Now that spring is here, it means nice weather and for those sports fans out there, soccer. Soccer season has started, and what better way to get into the spirit then with a soccer video game.

Now “EA” hasn’t been seen in the most positive light by gamers, for various reasons, whenever it’s due to micro-transactions, “Star Wars Battlefront” flopping hard, or just EA being...well, EA. But all that aside, how does EA’s latest soccer game, “FIFA 19”, hold up?

The gameplay in “FIFA 19” is pretty decent, and while there aren’t that many changes, there are some here and there, one of these being how you kick the ball. Now you can still shoot by holding down the B button on the Xbox controller or the circle button on the PlayStation controller, but when you do a bar will appear above your player.

The bar determines how well your shot on net will be. Simply press the B or circle button once again and on time when the bar gets into the center, and you’ll be able to give the goalie a pretty good run for his money, or shoot the ball right into the back of the net.

While this new feature is something that you might need to get used to, I personally like it. I know that, usually, soccer players have to get somewhat up close and nasty to get the ball into the net, but I feel like this new feature makes shooting from a distance easier.

Another new feature is how exhibition works. Obviously, it’s still the same; choose a side, choose a team, and play the game, but before that screen pops up, another

one allowing you to choose what type of exhibition you want pops up.

You have the option of just a regular match in “Classic Match”, or different match types like “House Rules”, “UEFA Championship League”, “Cup Final”, and “Home and Away”.

“House Rules” includes different modes such as “Long Range” where if a player scores a long range goal, it will count as 2 points instead of one, and “No Rules” where there are no rules.

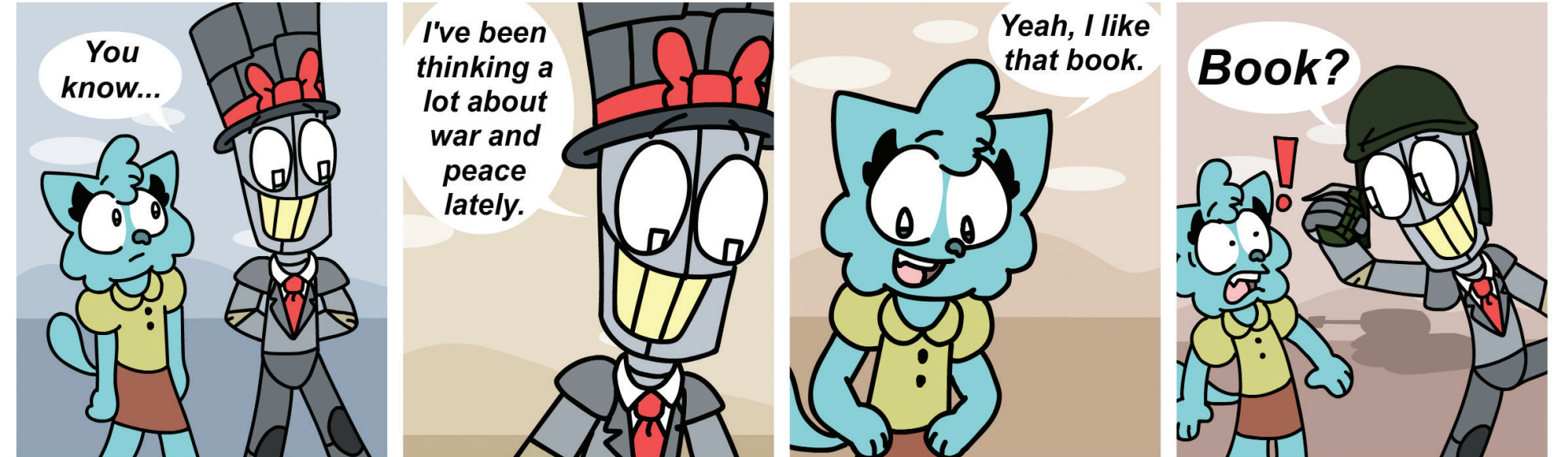
“UEFA Championship League” allows the player to play a match in the UEFA Championship League which is one of the new features of the game this year, “Cup Final”, where players can play in the finals of their preferred league, “Home & Away” where players play a home game and away game to determine the winner, and “Best of Series”. I like the new features that were added to exhibition, as it adds more replay value to the game.

Even with that, the game isn’t perfect. For starters, season mode (at least offline season mode), has been removed from the game; not cool EA. I’m also not a fan of the only DLC (download-able content) being stuff for “Ultimate Team.” Come on EA, I know your “Ultimate Team” mode is big and well liked, but would it kill to maybe add in some other DLC, like a stadium pack, or a classic kit pack?

Overall, I got to give “FIFA 19” a 5.5 out of 10. Sorry if I’m begin cruel EA, but while I like some of the new feature modes that have been added to the game, I still feel as though there’s much more that could have been added to the game.

Hopefully EA will continue to build on most of these new features in the next installment.

Cindy and TREVOR



BY JACK BRULLIEA

Sports

Sixers Leads Strong Future into NBA Finals

MAHKAI GUNDY
Centurion Staff

The Sixers have made big changes this season. Such as making trades to bring in players such as Jimmy Butler and Tobias Harris to help this Sixers team take the next step and compete for a championship.

The Sixers owner Joshua Harris went on to state “It would be very problematic if the Sixers were to make an early exit in the playoffs.” Butler and Harris both will be free agents this summer. The Sixers could find themselves in Luxury tax purgatory if both players command the max salary, which would pay each of them north of \$32 million a season. The Sixers gave up a lot to get these players and it will be very depressing to see them leave for nothing.

I asked Bucks Student Stephen Rhoades his opinion on the addition of Harris and Butler.

Rhoades said, “This is a clear big move to make, it shows their going all in on this season.”

The Sixers boast one of the most potent starting five lineups in the NBA with: Joel Embiid, Ben Simmons, Jimmy Butler, Tobias Harris, and J. J. Redick. This lineup is sure to cause havoc in the playoffs, all these players besides Simmons are averaging

over 17 points per game.

This lineup is going to be very hard to stop. Embiid and Simmons bring the strength which is going to be hard for the opposing matchup.

Butler and Harris bring shot creation meaning they can create their own shot at will. Redick is a knock down sharp shooter who spaces the floor and keeps the defense honest because they can’t help off of him and has to chase him around a lot of screens, so whoever is going to be guarding Redick better bring an oxygen tank.

The starting lineup with these players is sure firepower and that is something that is going to be helpful while they are in this play-off run. The expectation for this team is to at least make the Eastern conference finals. The NBA finals are sure on the horizon for the Philadelphia Sixers.

But making the trip to the NBA finals will not be an easy one. The Philadelphia Sixers will have to go through some eastern conference foes such as the Toronto Raptors, Milwaukee Bucks, Indiana Pacers, and of course the Boston Celtics.

The Toronto Raptors have a new leader in their locker room named Kawhi Leonard who is arguably a top 3 player in the league. Milwaukee Bucks are led

by MVP favorite Giannis Antetokounmpo who is averaging 27.5 points per game.

I also asked Rhoades who he believes will make it to the finals this year in the East with LeBron James out.

“I believe it is going to be either the Raptors with Kawhi leading the way or the Sixers if they get over the hump,” Rhoades.

The Indiana Pacers this year seem like the odd man out with their star player Victor Oladipo out with an injury, although the Pacers have kept a float with the rest of the teams here fighting for the top spot. The Boston Celtics are no stranger to the Philadelphia Sixers their rivalry goes all the way back to the 1960s.

I asked Rhoades if the Sixers should be worried to face the Celtics in the playoffs this is what he had to say “No because we added key all-star players to the team.” Stephen clearly feels confident with the construction of the team.

In recent history it seems the Boston Celtics have the Sixers numbers when they play together, so it would be best if we could avoid them in the first two rounds of the playoffs. But with the addition of adding guys like Butler and Harris that could change things, leading the Sixers into the NBA Finals.



Photo courtesy of Wikimedia Commons

Students Excited: Eagles Draft

JAMES WISTER
Centurion Staff

Every year the NFL draft brings a sense of hope to players, coaches and fans.

This year, the National Football League will be holding its annual draft on April 25. This year, the Philadelphia Eagles hold pick 25. In the first round and have seven picks overall, with two coming in the second round and another two picks coming in the fourth round.

The top college football draft prospects are hoping to hear their names called early in the draft and receive contracts that will change their lives forever. Some Bucks students voiced their opinion on the draft and how it will affect not only the Eagles, but the rest of the NFL.

Over the past couple of years, the Eagles have tended to draft very well and have chosen players that have provided an instant impact to the team. Coming off of a strong season that ended in the divisional round of the playoffs, Eagles fans are hoping that the team has another strong draft to help take them back to the Super Bowl.

The Eagles have not changed a whole lot. They have kept or re-signed most of the star players from last year’s team, but there is always room for young talent.

One of the players that the Eagles were unable to keep was fan favorite backup quarterback Nick Foles, who signed a 4 year/\$88 million contract with the Jacksonville Jaguars.

Haleigh Kaufmann, a 20 year old Bio Medicine major from Yardley, said, “The Eagles should look to add a new backup quarterback in the draft, it’s one of their biggest needs.”

The Eagles recently signed quarterback Luis Perez to a one year deal, seemingly to backup

Carson Wentz when the season is underway.

Kevin Mirales, a 19 year old business administration major from Newtown believes that the Eagles biggest need is to add new pieces to the offensive line.

Mirales said “Jason Peters is getting old and is always injured, so we could use a new tackle and a guard since Brandon Brooks is coming off an injury too.”

Mirales also believes the Eagles should invest a pick in a line-backer to replace Jordan Hicks who left in free agency to join the Arizona Cardinals.

Last year the Eagles traded away their first round pick to the Baltimore Ravens but this year fans hope to see them keep their pick.

Nick Campbell, a 19 year old sports management major from Bensalem said, “I am hoping to see the Eagles use their first round pick on an explosive wide receiver such as Marquise Brown or D.K. Metcalf.”

One player all Bucks students are sure the Eagles won’t have the chance to draft even if they wanted to be quarterback Kyler Murray from Oklahoma.

Murray is an interesting case due to the fact that he was drafted by the Oakland Athletics ninth overall in the MLB draft but Murray declared for the NFL draft in the following months.

Everyone believes that Murray will be drafted first overall by the Arizona Cardinals. Mirales says, “Murray will be drafted first even though he shouldn’t be, it should be Nick Bosa.”

The NFL draft always offers fans a lot on intrigue and some confusing choices made by teams so you never quite know how it will turn out and the students here at Bucks are excited to see how it plays out this year.



Photo courtesy of Wikimedia Commons

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